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# DPC NEWSLETTER

**NEWS & EVENT:**

- Award in *International Family Medicine*

**FACULTY CONTRIBUTION:**

- Book Publication- *Applications of Polymers in Drug Delivery*  
-Prof. Ali Asghar
- Article: *Need of Clinical Pharmacist and their Services*  
-Prof. Mirza Baig

**STUDENT CONTRIBUTION:**

- **Why not start by making your inner voice matter?**  
- Fatima Zehra Shah(Batch 22)
- **Reflections!**  
- Thuraya O. S. Shbair(Alumni)



## Proud moment for DPC!!

In the **International Family Medicine (IFM)** conference, which contribute towards betterment of health by enhancing the family medicine concepts inclusive of health promotion, prevention and curative programs as well promoting equity in health accessibility to the services and delivery of health programs efficiently and effectively to the community; Dubai Pharmacy College had participated where Dr. Gazala Khan's team consisting of the final year BPharm students - Basma, Fawzia and Layla had the opportunity to present their work on:

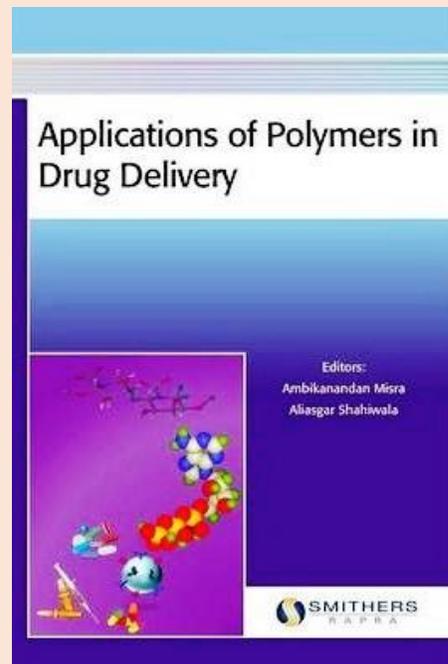
**“Association of Type 2 Diabetes Mellitus with GSTM1 and GSTT1 genetic polymorphism and blood lipid.”**  
Basma had won an award for her oral presentation on the topic and made DPC proud!



## Congratulations!

A book entitled *“Applications of Polymers in Drug Delivery”* has been recently published by Prof. Aliasgar Shahiwala with Smithers Rapra Technology Ltd, a UK based publisher. The book is having hardback with 576 pages divided into 13 chapters. Prof. Aliasgar mentioned that the thought behind this book was to pull together the recent work in the area of ‘Polymeric Drug Delivery Systems’ in pharmaceuticals. This book is designed to provide details on applications of polymeric drug delivery systems for researchers, industries and academia.

In order to make this book more usable, each chapter in this book is designed to discuss polymer applications specific to a particular route of drug delivery which provides direct insights for the reader in to a particular aspect of drug delivery. The first chapter describes the breadth of fundamental polymeric drug delivery systems, the factors affecting drug delivery through polymers and latest developments in polymers to illustrate areas of research advancing the frontiers of drug delivery, together with the intellectual property problems around polymeric systems. Further chapters embrace insights into novel polymeric drug delivery systems used in buccal, colonic, gastroretentive, intestinal, nasal, ocular, parenteral, Peyer’s patch, pulmonary, rectal, transdermal, and vaginal drug delivery systems. Appendices are included at the end of the book to show useful pharmaceutical properties of the polymers and important polymeric applications through various routes of drug delivery.



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*Reading maketh a full man, conference a ready man, and writing an exact man.*

*Sir Francis Bacon, philosopher (1561 - 1626)*



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## *Need of Clinical Pharmacist and their Services*

*-Prof. Mirza Baig*

*Professions exist to serve society. Hence the mission of the pharmacy profession must address*

*the needs of society and individual patients. At one time, the acts of deciding on drug therapy and implementing it were relatively simple, safe and inexpensive. The physician prescribed and the pharmacist dispensed. However, there is substantial evidence to show that the traditional method of prescribing and dispensing medication is no longer appropriate to ensure safety, effectiveness and adherence to drug therapy.*

*The accountability of health professionals for their actions is another major issue in health care provision. In the traditional relationship between the doctor as prescriber and the pharmacist as dispenser, the prescriber was accountable for the results of pharmacotherapy. That situation is changing in rapidly evolving health systems. The practice of pharmaceutical care assumes the pharmacist to be responsible for patients under their care, and society will not only accept that assumption but hold the profession to it.*

*Pharmacy students and practitioners must be educated to assume the responsibility for managing drug therapy, so that they can maintain and expand their position in the health care system and are compensated for their role in providing pharmaceutical care. In an increasingly complex health care environment, it has become difficult to compare the effectiveness of different treatments. Health care interventions can no longer be based on opinion or individual experience alone. Scientific evidence, built up from good quality research, is used as a guide, and adapted to each individual patient's circumstances.*

*The provision of clinical pharmacy services in resource-limited settings is steadily increasing but the human resources are the most critical component of health systems and delivery as there is a significant shortage of skilled clinical pharmacist to provide routine health care. To address the lack of highly skilled human resources, existing skills should be upgraded to cope with the demands of delivering pharmaceutical care services. Strategies will depend on health sector policies and the chosen service delivery approach. Therefore one of the key health professionals that must be mobilized and involved is the pharmacist. As the experts in medicines, pharmacists have always been known as an accessible and trusted source of advice and treatment.*

*Clinical pharmacists' primary job is to interact with the health care team, interview and assess patients, make specific therapeutic recommendations, monitor patient responses to drug therapy and provide medicines information. Clinical pharmacists work primarily in hospitals and acute care settings and provide patient-oriented rather than product-oriented services. The accomplishments of a pharmacist will be achieved through gradual expansion of traditional roles and, through the collaborative drug therapy management programmes.*

*Nevertheless, the potential for pharmacists to effect dramatic improvements in public health will remain largely unexploited unless the pharmacist show their efficiency. Pharmacists have an important role to play in health care team. They will need to adapt their knowledge, skills and attitudes to this new role, which integrates traditional pharmaceutical science with clinical aspects of patient care, clinical skills, management and communication skills, active collaboration with medical teams and solving of medicine-related problems.*

*If they are to be recognized as full members of the health care team, pharmacists will need to adopt the essential attitudes required by health professionals working in this area: visibility, responsibility, accessibility in a practice aimed at the general population, commitment to confidentiality and patient orientation. Pharmacists will need to*



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be competent and possess both vision and a voice to fully integrate themselves into the health care team as a clinical pharmacist.

*A pharmacist shall be ready to accept the following responsibilities as a:*

- **Caregiver:** Pharmacists must view their practice as integrated and continuous with those of the health care system and other health professionals. Services must be of the highest quality.
- **Decision-maker:** The appropriate, efficacious, safe and cost-effective use of resources (e.g., personnel, medicines, chemicals, equipment, procedures, and practices) should be the foundation of the pharmacist's work. At the local and national levels, pharmacists play a role in setting medicines policy. Achieving this goal requires the ability to evaluate, synthesize data and information and decide upon the most appropriate course of action.
- **Communicator:** The pharmacist is in an ideal position to provide a link between prescriber and patient, and to communicate information on health and medicines to the public. He or she must be knowledgeable and confident while interacting with other health professionals and the patient. Communication involves verbal, non-verbal, listening and writing skills.
- **Manager:** Pharmacists must be able to manage resources and information effectively; they must also be comfortable being managed by others, whether by an employer or the manager/leader of a health care team.
- **Life-long learner:** It is impossible to acquire in pharmacy school all the knowledge and experience needed to pursue a life-long career as a pharmacist. The concepts, principles and commitment to life-long learning must begin while attending pharmacy school and must be supported throughout the pharmacist's career. Pharmacists should learn how to keep their knowledge and skills up to date.
- **Teacher:** The pharmacist has a responsibility to assist with the education and training of future generations of pharmacists and the public. Participating as a teacher not only imparts knowledge to others, it offers an opportunity for the practitioner to gain new knowledge and to fine-tune existing skills.
- **Leader:** In multidisciplinary (e.g., team) caring situations or in areas where other health care providers are in short supply or non-existent the pharmacist is obligated to assume a leadership position in the overall welfare of the patient and the community. Leadership involves compassion and empathy as well as vision and the ability to make decisions, communicate, and manage effectively. A pharmacist whose leadership role is to be recognized must have vision and the ability to lead.
- **Researcher:** The pharmacist must be able to use the evidence base (e.g., scientific, pharmacy practice, health system) effectively in order to advise on the rational use of medicines in the health care team. By sharing and documenting experiences, the pharmacist can also contribute to the evidence base with the goal of optimizing patient care and outcomes. As a researcher, the pharmacist is able to increase the accessibility of unbiased health and medicines-related information to the public and other health care professionals.

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*Why not start by making your inner voice matter?*

*- Fatima Zehra Shah (Batch 22)*

*The* last time I wrote my own piece of work was when I was in high school. When I say, “A piece of my own work”, I am referring to words that flow from one’s revolving mind, from one’s own perspective, which have at least a little bit of your own touch to it. The trait of having a voice in society is vital and it gives an individual a feeling of his own existence.

Every person has one’s own personal way of expressing his voice and innovations to the world. For instance, an artist put his thoughts, efforts and feeling on the canvas. Pharmacists do the same by striving to provide a proper pharmaceutical care to people; consequently, showing that they are concerned about their patients. There was a similarity in the two professions mentioned above; they both found a way to put their words in their work thereby making their words to life. A pharmacist can’t provide the prolific care to a patient without counseling them. In the following example two patients found a way to bring their inner words to life. Don’t you wonder that all the textbooks will have to be one day practiced?

In the book, “*Think and grow rich*”, the author depicts how a young girl benefits from enlivening words. This story is legitimate and was narrated by R.U Darby after receiving his degree from the University of Hard Knocks. One fine afternoon Mr. Darby was assisting his uncle on the farm; his uncle owned the farm and used to allow sharecrop farmers to live on his land. The tenant’s daughter arrived that day and told the uncle calmly that her mother was in need of 50 cents. The uncle refused persistently, “No” he said, “Go home”.

But the girl’s approach to this was astounding. She said, “Yes, sir” but stayed in her place. The uncle saw the girl and agitatedly stopped working. He walked straight up to the girl as if he was going to cause trouble. Darby was observing everything that was happening. When the uncle reached the spot where the girl stood, the girl did not take a step back. Instead she valiantly took a step forward and demanded by screaming, “My Momma gotta have the fifty cents”.

The agitated uncle stopped and froze for a while. He slowly reached his pocket and drove out fifty cents for the girl. What Mr. Darby observed was how a young girl mastered an adult with the matter of WORDS; she won an adult just by animating her words. From that day onwards, Mr. Darby took the defiant girl as an inspiration.

All great books contain important words just waiting to be pragmatically enlivened. **Yes, why not start by making your inner voice matter?**

*Fatima Zehra Shah is a first year student at DPC*



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# REFLECTIONS

- Thuraya O. S. Shabir (Alumni)

- **Things I learned in DPC:**

- A time span that I went deep into discovering and developing myself.
- You are the one responsible for how and with whom do you spend your time.
- Do your best, trust in Allah and accept your result.

- **Most memorable moments in DPC:**

- Acting as "Layla" Palestinian girl at the global day 2009.
- Day of honoring students for the best 10 presenter and 5 top topics in 2010. It was a privileged surprise.
- I was honored for being an ideal student in 2011.
- Participating in "my talent" activity and winning a prize for handicraft.
- Graduation day, feeling special and happy with friends and faculty.

- **Things you learned from our DPC faculty**

- Before you start anything, say "بِسْمِ اللَّهِ"
- Be honest in your job, neglect spiritless surrounding.
- Strict at work, otherwise friendly.

- **Advices for current DPC students:**

- Give yourself a chance to have your own impression about people and things rather than coping with peoples' convictions.
- Focusing on being successful in your studies doesn't mean treating people rudely and selfish.
- Mix study with extra curriculum activities to build up great memories.
- Fortify yourself by reciting Quran and thinking positive thoughts.
- Follow your dreams.



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